Good things to eat

FROM OUT OF THE AIR

136 tested radio recipes

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FROM
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AIR

by Winifred S. Carter

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Cincinnati

Form No. 187 T
Printed in U. S. A.

THERE are two things I'll always remember:

1. The interesting times I've had traveling all over this big country of ours—gathering new recipes in little out-of-the-way places; swapping cooking stories with dozens of you good cooks.

2. My first experience before a microphone.

I won't try to deny that I was nervous. I still am—a *bit*. Although by now I feel I am really an old hand at this radio business. I've been at it for over a year, on both of the big radio "chains", and I've gotten to know the difference between a *signature song* and a *station break* almost as well as I know the difference between a *baking-powder* biscuit and a *soda* biscuit!

In this little book I have gathered together some of the best recipes I have given over the air. Your letters in response to my radio talks have taught me which types of recipes are the most popular.

In using Crisco with these recipes see how Crisco adds in many ways to the delight of eating and to the ease of preparing foods. *Crisco is a modern, trouble-saving ingredient.*

Crisco is the only shortening and cooking fat you need to keep on hand—it serves every purpose. And Crisco stays fresh and sweet a long time without ice-box help.

Crisco fried foods are digestible

Foods fried in Crisco are a crisp, appetizing golden-brown outside, tender and well-done inside—*digestible*.

If you have often avoided serving fried foods, in the belief that they are indigestible, you need no longer hesitate on that score. *Crisco fried foods are digestible*. And it's

easy to understand why: Crisco does not smoke at proper frying temperatures. A smoking fat, you see, is burning. And a burnt fat is decomposed fat. It's this burnt fat that causes digestive trouble. To protect your family's digestion, fry in Crisco and be sure to fry at the proper heat (use a frying thermometer or follow the familiar "bread cube" test).

Everything you make with Crisco somehow turns out nicer—and much more digestible. For Crisco is a digestible shortening. Taste a little Crisco all by itself, just as it comes from the can—then taste a little of the cooking fat you are now using. Crisco's own pure, sweet taste will tell you why Crisco is digestible.

Crisco makes flaky, tender, *digestible* pie crust; fluffy, golden, *digestible* biscuits, light, feathery muffins.

Use Crisco to make light, tender cakes, too; notice how much easier it is to make good cakes with Crisco, because Crisco comes to you *pre*-creamed. Why, you can put your Crisco, sugar, and eggs into the mixing bowl *at one time* and stir them to a light foamy cream in a few brisk stirs.

If ever you have any questions to ask about the use of Crisco, address the Home Economics Department, Procter & Gamble, Cincinnati, Ohio. We will be pleased to help you.

WINIFRED S. CARTER.

P. S. Whenever I've chatted with announcers, singers, or orchestra leaders up at the broadcasting studios, the conversation sooner or later got around to food. In this way, I discovered in quite a few cases just what radio stars like to eat. I'm sharing the secret with you, at the foot of the pages throughout this book.

W. S. C.

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Cakes

DATE LOAF CAKE

½ cup Crisco
1 cup sugar
2 eggs
½ teaspoon vanilla
1 cup nut meats cut small
1½ cups flour
½ teaspoon salt
2 teaspoons baking powder
1 package dates pitted and cut
1 teaspoon soda sprinkled over dates
1 cup hot water poured over dates and soda

Blend the Crisco, sugar, and eggs together. Add the vanilla, then nuts. Sift flour, salt, and baking powder together. Add to the first mixture alternately with the date and water mixture. Mix thoroughly. Turn into angel cake pan rubbed with Crisco, and bake in moderate oven (350° F.) one hour.

FEATHERWEIGHT WHITE CAKE

½ cup Crisco
1 cup sugar
2 cups flour (cake)
½ teaspoon salt
2 teaspoons baking powder
½ cup milk
1 teaspoon vanilla
3 egg whites

Blend Crisco and sugar together. Continue creaming until the mixture is very light. Stir in milk alternately with sifted dry ingredients. Fold in egg whites which have been beaten until stiff but not dry. Add vanilla. Turn batter into two medium sized layer pans rubbed with Crisco. Bake in a moderate oven (350° F.) for about 20 minutes or until slightly brown on top.

Mailer's popular team, *PETER DE ROSE* and *MAY SINGHI BREEN* (Mrs. De Rose) did not pick the dates favorite dish as I had suspected they would. May prefers Apple Griddle Cakes, while Peter likes Egg Plant with Tomatoes. Our both chose delicate-tasting dishes which are improved by being fried in a delicate-tasting, digestible fat—Crisco.

WEAF and associated N.B.C. stations

MAHOGANY CAKE (RED DEVIL'S FOOD)

First Part

½ cup Crisco
2½ cups brown sugar
¼ cup cocoa
2 tablespoons boiling water
3 egg yolks

Second Part

2 cups flour
2 teaspoons baking powder
1 teaspoon soda
½ teaspoon salt
1 cup milk
2 egg whites

Blend Crisco and sugar together. Add hot water to the cocoa, then add well-beaten yolks. Pour cocoa and egg mixture into sugar mixture. Sift flour, baking powder, soda, and salt together and add alternately with milk to sugar mixture. Fold in well-beaten whites last. Bake in two paper-lined layer cake pans in moderate oven (350° F.) for 30 minutes. Use any filling desired.

CINNAMON LAYER CAKE

½ cup Crisco
½ cup sugar
2 eggs separated
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 teaspoons cinnamon
½ cup milk

Blend the Crisco, sugar, and egg yolks together. Sift the dry ingredients together and add alternately with the milk to the first mixture. Fold in one egg white whipped stiff and transfer to two layer cake pans rubbed with Crisco. Bake in a moderately hot oven (375° F.) until firm in the center and brown on top (about 20 minutes). Put together and cover with apple icing.

Apple Icing

Put ½ cup sugar, 3 tablespoons water, 1 egg white, and the grated pulp of one medium-sized apple in the top of a double boiler. Place over hot

***ALINE BERRY**, the patient young wife in the "Starting Junior" sketches, debuts on Sports Broad. You'll find a good recipe for this Southern favorite on page 14.*

WJZ and associated N.B.C. stations

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

EVERY MAN'S SPICE CAKE

[illegible]

Quick White Icing

[illegible]

CHOCOLATE PEPPERMINT CAKE

[illegible]

[illegible]

[illegible]

[illegible]

BLITZ KUCHEN

[illegible]

cup chopped walnuts 4 eggs

[illegible]

[illegible] BRIOCHE

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] OF ALMANACS TRANSLATES

[illegible]

[illegible] OF [illegible]

[illegible]

[illegible]

[redacted]

[redacted]

[redacted]

Quick Breads

[illegible]

[illegible]

½ cup milk

[illegible]

[illegible]

[illegible]

Grapefruit Biscuits

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 cup flour

1 cup milk

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

1 cup [illegible]

1 cup sugar

1 cup [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

SPOON BREAD

[illegible]

[illegible]

WAFFLES

[illegible]

Variations

[illegible]

[illegible]

Pies and Pastry

SINGLE CRUST PIE

[illegible]

DOUBLE [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

BANANA CREAM PIE

Filling

[illegible]

APPLE PIE

[illegible]

[illegible]

[illegible]

[illegible] Add a [illegible]

[illegible]

[illegible]

[illegible]

DEEP DISH APPLE PIE

Flaky Pastry

[illegible] flour

[illegible]

[illegible]

Filling

[illegible] cup sugar

[illegible]

[illegible]

Cr[illegible]

Cover [illegible] in a hot [illegible] and cool [illegible]

DEEP DISH [illegible] KUMQUAT PIE

[illegible]

Wash and [illegible] juice, [illegible] Sp[illegible] bot[illegible] and [illegible]

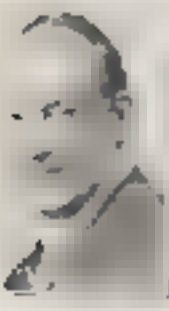
[illegible] TUTTERSCOTCH PIE

[illegible]

M[illegible] sugar [illegible] about 3 minutes. [illegible] beaten egg [illegible] cover with [illegible]

SWEET POTATO MAPLE PIE

[illegible]



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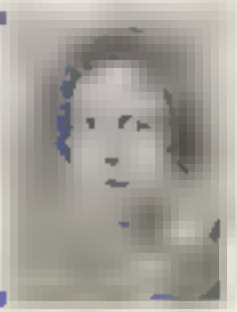
[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



PINEAPPLE MERINGUE PIE

Filling

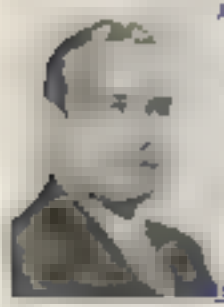
[illegible]

Meringue

[illegible]

[illegible] APPLE PIE

[illegible]



[illegible]

FRUIT AMBER PIE

[illegible]

APPLE RAISIN AND NUT PIE

[illegible]

[illegible]

[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

PECAN TARTS

[illegible]

Prepare [illegible] made to cool. Add [illegible] and pour well. Cook [illegible]

[illegible]

LEMON CHEESE TARTS

[illegible]

MAPLE CREAM PIE OR TARTS

Filling

[illegible]

[illegible]

Put [illegible]
Add [illegible]
[illegible]
Bake [illegible]
This [illegible]

Meringue

[illegible]

[illegible]

CHERRY TARTS

[illegible]

[illegible]

SOUPS

CREAM OF TOMATO SOUP

Serves 4 to 6

[illegible]

[illegible]

CORN SOUP

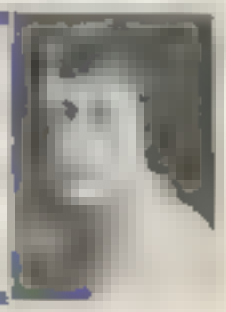
(Serves 4 to 6)

[illegible]

1 pint milk

2 tablespoons flour

[illegible] serving.



[illegible]

[illegible]

[illegible]

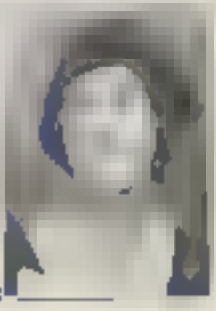
Loaf Breads

WHEAT WHEAT WHEAT

[illegible]

BEAN & BUTTER BREAD

[illegible]



[illegible]

STEAMED BROWN BREAD

[illegible]

SOFT BREAD

[illegible]

GERMAN COFFEE CAKE

[illegible]

[illegible]

[illegible]

[illegible]

- ¼ cup Crisco
- 1 cup brown sugar
- [illegible] each

[illegible]

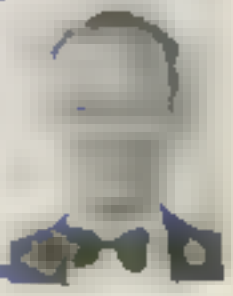
[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



Desserts

[illegible]

[illegible]

[illegible]

Whipped Cream Frosting

[illegible]

Pineapple Ice

[illegible]

Chocolate Cream Filling

[illegible] cup sugar [illegible] tablespoons cream

[illegible]

Pound Cake

[illegible]

[illegible]

[illegible]

GRANGE DESERT COUNTRY

[illegible]

Range Scale

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Strawberry Meringue

[illegible]

[illegible]

[illegible]

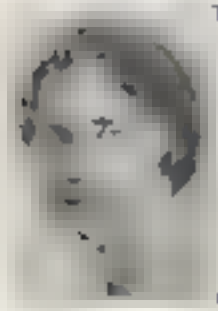
[illegible]

PEARL CHARLES

[illegible]

PEARL HOLT

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

PINEAPPLE TORTE

[illegible]

Filling

2½ cups pineapple, shredded [illegible]

[illegible]

[illegible]

[illegible] STRAWBERRY SHORTCAKE

[illegible]

[illegible]

[illegible] Add milk [illegible] 5 people

APPLE GINGER PUDDING

[illegible]

[illegible]

[illegible]

Fish Fillets

FRIED HAM [illegible]

Serves 4 to 6

[illegible]

[illegible]

FISH FILLETS ITALIAN

[illegible]

[illegible]

[illegible]

[illegible]

(Series [illegible])

[illegible]

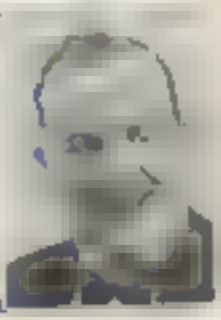
[illegible]

[illegible]

[illegible]

(Series [illegible])

[illegible]



[illegible]

PANNEE GREEN CORN AND PEPPERS

[illegible]
Stir through Cream in skillet
[illegible]

CARROTS O'BRIEN

Serves 4 to 6

[illegible]

POTATO CAKES

Serves 4 to 6

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Meet Our Faculty

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

VEGETABLE FRITTERS

(Makes 12 to 15)

[illegible]

2 eggs

1 tablespoon chopped [illegible]

[illegible]

Mix [illegible]

PARSNIP FRITTERS

(Makes [illegible])

[illegible]

[illegible]

ORANGE PUFFS

(Makes [illegible])

[illegible]

Mix [illegible]

CHEESE PUFFS

(Makes 8 to 10)

1 cup grated [illegible]

[illegible]

[illegible]

[illegible]

[illegible] AND [illegible] RECIPES

Makes [illegible]

[illegible]

[illegible]

[illegible] AND [illegible] RECIPES

Makes [illegible]

[illegible]

[illegible] RECIPES

Makes [illegible]

[illegible] Crisco
[illegible] flour
[illegible]
[illegible] chicken [illegible]

[illegible]

[illegible]

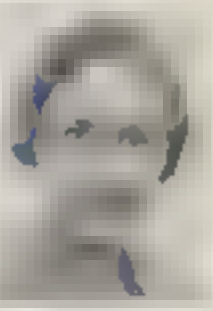
[illegible] a unique cube of brass, brought up [illegible]

[illegible]

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

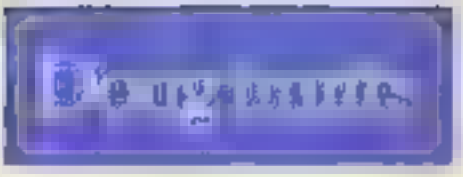
[illegible]

[illegible]

[illegible]

[illegible]

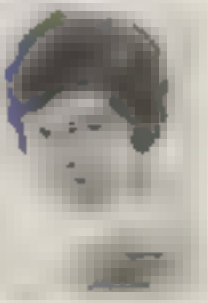
[illegible]



YEAST RAISED DOUGHNUTS

[illegible]

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

Main Dishes

[illegible]

(Serves 4)

[illegible]

[illegible] minutes. [illegible] salted [illegible] over pasta or over it, sprinkle with parsley [illegible] butter and [illegible]

[illegible]

[illegible] salt and pepper and [illegible] toast crumbs, fry in [illegible] cube of bread in all are [illegible] 15 minutes, [illegible]

[illegible]

(Serves 4 to 6)

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] map all green [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

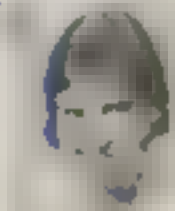
[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



TOMATOES AU GRATIN

(Serves 6)

[illegible]

[illegible]

(Serves 6)

[illegible]

[illegible]

(Serves 4)

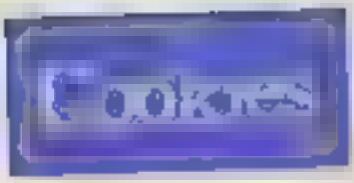
[illegible]

[illegible] sauce

[illegible]

[illegible]

[illegible]



CORNFLAKES [illegible]

[illegible]

Blend Cocoa [illegible]
powder and [illegible]

[illegible]

[illegible] FAK

[illegible]

OATMEAL COOKIE

- Blend Cocoa [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

Blend [illegible]
[illegible]
[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

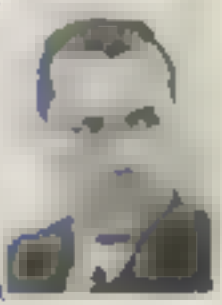
[illegible]

[illegible]

[illegible]

FILLED DATE BARS

[illegible]



[illegible]

[illegible]

[illegible]

[illegible]

STRAWBERRY HEARTS

[illegible]

RAINY CUPCAKES

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

A [illegible]

[illegible]

[illegible]

[illegible]

Pineapple Filling

[illegible]

Make [illegible]

Date and Orange Filling

[illegible]

Make [illegible]

Orange Marmalade Filling

[illegible]

Make [illegible]

[illegible]

[illegible]

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Program	Day	Hour	Station	Dial Setting
Mrs. Blake's Radio Column				
Sisters of the Skillet				
Colonel Stoopnagle and Budd				